

Risk Assessment: Covid 19 - club training nights

| Date: | Assessed by: | Location : | Review : |
|--------------------|--|--|-------------------|
| 22nd December 2020 | Carolyn Davies Mob: 0783 393 2564 E: cmadavies12@gmail.com | Tuesday - Thursday nights - runs from Boxing Day | 16th January 2021 |

| What are the Hazards? | Who might be harmed and how? | What are you already doing? | Risk Rating | What else can you do to control this risk? | Resultant Risk Rating | Action by whom | Date Completed |
|---------------------------------|---------------------------------------|---|-------------|---|-----------------------|----------------------------|----------------|
| Spread of Covid -19 Coronavirus | All members and members of the public | <ul style="list-style-type: none"> Consider if suffering from symptoms of Covid 19, now defined as follows: <ul style="list-style-type: none"> continuous cough fever/high temperature (37.8C or greater) loss of, or change in, sense of smell or taste (anosmia) | H | <ul style="list-style-type: none"> Do not attend session if develop any of these symptoms. If suffer any of these symptoms after a session then immediately notify Covid19 Co-ordinator Carolyn Davies by email or text | H | All | 22/12/20 |
| | All members | <ul style="list-style-type: none"> Membership database, follow GDPR guidelines | L | <ul style="list-style-type: none"> All members to consider and review contact details provided on membership forms and advise Dougie Kerr (membership secretary) if address, phone, mobile or email address has changed | L | All | 22/12/20 |
| | All members | <ul style="list-style-type: none"> Exercise outdoors only in groups of up to 8 people in a social bubble No mixing of people where more than one social bubble Physical distance during activity - 2m if running side by side and 5m if running in single file Must social distance before and after training session starts and finishes Maintaining social distancing to members of general public when in public open spaces | L | <ul style="list-style-type: none"> Designing routes capable of allowing these measures, so no narrow paths, lack of pavements etc Use of Harriers facebook page to accept bookings | L | All | 22/12/20 |
| | All members | <ul style="list-style-type: none"> Runners to pre advise attendance so allocation of groups can be planned | L | <ul style="list-style-type: none"> Option to stagger times if sufficient attendance possible. Detailed records maintained on each group of people. Advise members that their contact details will be used if Trace and Protect has to be enforced at a later date. | L | All / Covid19 Co-ordinator | 22/12/20 |

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| | All members | <ul style="list-style-type: none"> Completion of UKA Covid19 form will be mandatory if a member tests positive for Covid 19 after attending Dumfries Harriers session | L | <ul style="list-style-type: none"> Form available at https://www.uka.org.uk/governance/health-safety/covid-19-form/ To be submitted to cmadavies12@gmail.com | L | All | 22/12/20 |
| No use of facilities at either David Keswick Centre or other meeting points | All members and public | | L | <ul style="list-style-type: none"> No facilities are to be used at starting locations, make sure changed and ready to run at start of session | L | All | 22/12/20 |
| Arrival / Departure at venue | All members | | L | <ul style="list-style-type: none"> Runners to arrive not more than 5 mins prior to run to stop unnecessary congregation Prompt departure from venue at end of run, consider using own hand sanitiser after run | L | All | 22/12/20 |
| Cross contamination | All members | | H | <ul style="list-style-type: none"> No sharing of vehicles between different households. Park considerately and maintain 2m social distance Where possible attend by walking or cycling to venue | H | All | 22/12/20 |
| | All members | | L | <ul style="list-style-type: none"> No sharing of car keys, drinks etc | L | All | 22/12/20 |
| First aid | All members | <ul style="list-style-type: none"> One nominated member of group to carry a fully charged mobile phone. Every member to consider own requirements Always phone 999 in first instance | L | <ul style="list-style-type: none"> If minor first aid is required this should be self administered by the injured party where possible. If help is required then limit the amount of close contact and touching to a minimum. Ensure the other group members continue to observe social distancing. Report injury afterwards to Covid19 Co-ordinator phone number 0783 393 2564. | L | All | 22/12/20 |